

21.2



WORKOUT DESCRIPTION 21.2

This workout is for time (TC 10min):

50 Bar-facing Burpees

30 Deadlifts

NOTES

This workout begins with the athlete standing tall and not touching any equipment. At the call of “3, 2, 1 ... go,” the athlete may start the Bar-facing Burpees. The athlete will then complete all of the 50 Bar-facing Burpees, before heading into the 30 Deadlifts.

SCORE

The score will be the time or total number of reps completed in the 10-min time cap.

TEAM SCORE

The team score will be the sum of the two females and two male results of this workout.

EQUIPMENT

Mandatory:

- Barbell with weights
- Collars

Allowed:

- Tape
- Gloves or grips to protect the hand

- Knee sleeves
- Wristbands
- Weightlifting belt
- Training or weightlifting shoes
- Magnesia/Chalk

Forbidden:

- Any kind of grip enhancement strap

WEIGHTS

Elite

- 70/100kg Deadlifts

Intermediate

- 52,5/70kg Deadlifts

Master 35-39

- 70/100kg Deadlifts

Master 40-44

- 70/100kg Deadlifts

Master 45+

- 52,5/70kg Deadlifts

Teen

- 52,5/70kg Deadlifts

Scaled

- 43/60kg Deadlifts

Master 35-44 Scaled

- 43/60kg Deadlifts

Master 45+ Scaled

- 43/60kg Deadlifts

MOVEMENT STANDARDS

Bar-facing Burpees:

- Start: Athlete standing fully upright with hips and knees fully extended
- Athlete lowers the body down, until chest and thighs touch the floor simultaneously
- Athlete lifts the body up again and jumps over the bar

- Requirements:
 - Burpee must be performed in a 90-degree angle to the bar
 - Two-foot takeoff when jumping over the bar
- No-Reps:
 - Performing the burpee NOT in a 90-degree angle to the bar
 - Taking off with one foot after the other

Deadlift

- Start: Barbell on the floor (both plates touching at the same time)
- Finish: Hang position with head and shoulders behind bar, hips and knees fully extended
- Requirements:
 - Arms outside legs
 - No bouncing during touch'n'go

VIDEO SUBMISSION STANDARDS

All video submissions should be uncut and unedited in order to accurately display the performance. Shoot the video from an angle so all exercises can be clearly seen meeting the movement standards.

Remember:

- You must submit a valid video link of your video with your submission of your score
- You must make sure that the video can be watched (e.g. copyright issues on YouTube)
- You must make sure to read the description to be aware of details
- You must make sure that your video is good enough that your score can be judged

SCORE SUBMISSION DEADLINE

Please make sure to read the full workout description and to submit your score in time.

Scores must be submitted before the 30th of August 2021, 17:59 CET. No latecomers will be accepted, no matter the reason.

In case of questions, contact support@germanthrowdown.de